

# STAT LINE

Q1 Health Measures from the National Health Interview Survey,

January–March 2013

| Issue #3-13, Sep 24, 2013 |

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## HEALTH BEHAVIORS

### SMOKING

(Current Smokers, Adults Age 18+)

2013*	2008	2003	1998
18.0%	20.5%	21.6%	24.1%

### OBESITY

(Self-Reported, Age 20+)

2013*	2008	2003	1998
28.1%	27.6%	23.7%	20.6%

### PHYSICAL ACTIVITY

(Adults 18+ who met federal fitness guidelines\*\*)

2013*	2008	2003	1998
47.8%	43.4%	43.4%	40.3%

### ALCOHOL CONSUMPTION

(5 or more drinks in 1 day over the past year\*\*\*)

2013*	2008	2003	1998
22.9%	22.0%	19.1%	20.2%

### HIV TESTING

(Adults 18+ who have ever been tested)

2013*	2008	2003	1998
36.6%	38.7%	35.4%	30.2%

## HEALTH CARE

### HEALTH INSURANCE

(All ages without coverage)

2013*	2008	2003	1998
14.8%	14.7%	15.2%	14.6%

### USUAL PLACE FOR MEDICAL CARE

(Total % with a usual place for care)

2013*	2008	2003	1998
86.2%	86.4%	87.9%	87.4%

### OBTAINING NEEDED MEDICAL CARE

(Total % who failed to get care due to cost)

2013*	2008	2003	1998
6.3%	6.5%	5.3%	4.2%

### INFLUENZA VACCINATION

(Adults ages 18-49 who were vaccinated)

2013*	2008^	2003^	1998^
28.7%	19.0%	17.1%	16.1%

### PNEUMOCOCCAL VACCINATION

(Adults age 65+ who were ever vaccinated)

2013*	2008	2003	1998
63.1%	59.6%	55.6%	46.0%

## ♦ FULL REPORT

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## HEALTH STATUS

### GENERAL HEALTH STATUS

(Total % in very good or excellent health)

2013*	2008	2003	1998
66.6%	66.0%	67.5%	69.1%

### PERSONAL CARE NEEDS

(Adults 65+ who need help with personal care)

2013*	2008	2003	1998
7.5%	6.4%	6.5%	6.3%

### SERIOUS PSYCHOLOGICAL DISTRESS

(Experienced over last 30 days [adults 18+])

2013*	2008	2003	1998
3.8%	3.1%	3.1%	3.0%

### DIAGNOSED DIABETES

(Adults 18+ who have been diagnosed)

2013*	2008	2003	1998
9.2%	8.2%	6.6%	5.3%

### ASTHMA

(Total % with an episode in the past year)

2013*	2008	2003	1998
3.5%	4.2%	3.9%	4.0%

## FULL REPORT

\* *Covers the period January-March 2013*

\*\* *Percentage of adults aged 18 and over who met the 2008 federal physical activity guidelines for both aerobic and muscle-strengthening activity through leisure-time aerobic or muscle-strengthening activities*

\*\*\* *Adults aged 18 and over.*

^ *Covers the period January-March of the year*